# Not Alone



编舞者: Tobias Jentzsch (DE) - March 2024 音乐: know that you're not alone - Cat Burns



#### Intro: 8 counts

#### side, behind, side, cross, side, hold, back rock

1-2 RF to the right side,LF behind RF3-4 RF to the right,LF cross over RF

5-6 RF to the right, hold

7-8 LF step back recover on right

#### side,behind,side,cross,side,hold,back rock

1-2 LF to the left,RF behind RF3-4 LF to the left,RF cross over LF

5-6 LF to the left,hold

7-8 RF step back,recover on left

(restart here on wall 5 in facing 6:00)

#### 2x 1/4 right Monterey turn

1-2 RF point to the right side, ¼ turn right stepping right on LF(3:00)

3-4 LF point to the left side, LF stepping on RF

5-6 RF point to the right side, ¼ turn right stepping right on LF(6:00)

7-8 LF point to the left side, LF stepping on RF

#### side,close,side,touch r+l

1-2 RF step to the right side,LF stepping on RF

3-4 RF step to the right,LF touch on RF

5-6 LF step to the left side,RF stepping on LF

7-8 LF step on the left side,RF touch on LF

(restart here on wall 2 in facing 6:00)

#### walk r+l+r,kick/clap,back l+r+l,touch

1-2 RF step forward, LF step forward

3-4 RF step forward, LF kick forward with clap

5-6 LF step back,Rf step back

7-8 LF step back,RF touch on LF

#### step,swivel-heel-toe,tap, r+l

1-2 RF step to the side,LF twist heel in
3-4 LF twist toe in, LF touch on RF
5-6 LF step to the left,RF twist heel in
7-8 RF twist toe in,RF touch on LF

### side.behind,1/4 turn r,hold,step,1/2 turn r,1/4 turn r,kick

1-2 RF step to the right side,LF behind right

3-4 RF stepping forward make a ¼ turn right(9:00),hold

5-6 LF step forward make a ½ turn right(3:00) weight is on RF

7-8 ¼ turn right with LF stepping to the left side,RF kick diagonally right

#### behind, side, cross, kick, behind, side, cross-shuffle

1-2 RF behind left,LF to the left side

3-4 Rf cross over left,LF kick diagonally left
5-6 LF behind right,Rf to the right side
7&8 LF cross over right,RF step to the right,LF cross over right

## Tag end of wall 3 in facing 6:00

# side, behind, side, scuff, side, 1/4 turn I, scuff wirh 1/4 turn I

1-2 RF to the right side, LF behind RF
3-4 RF to the right, scuff LF on right
5-6 LF to the left, RF behind RF

7-8 ¼ turn left with stepping LF forward(3:00), ¼ turn left with RF scuff on left(12:00)

## start again and have fun

Email: Tobiasjentzsch90@web.de